series of transitional forms intermediate the initial form and the desired form that guide the subject to modify the biorhythmic activity.

2.(Cancelled)

3.(Cancelled)

4. (Original) The apparatus according to claim 1, wherein the initial form has a first number of phases and the desired form has a second number of phases, the first number not equal to the second number, and wherein the memory is adapted to have stored therein the initial form and the indication of the desired form having the differing numbers of phases.

5.(Cancelled)

6.(Cancelled)

7.(Cancelled)

8. (Original) The apparatus according to claim 1, wherein the memory is adapted to have stored therein the initial form and the indication of the desired form prior to use of the apparatus with the subject.

9.(Cancelled)

10.(Cancelled)

11,(Cancelled)

12,(Cancelled)

13,(Cancelled)

14. (Orignal) The apparatus according to claim 1, wherein the time-varying stimulus is in the form of a game, and wherein the stimulus unit comprises a game generator, adapted to alter parameters of the game so as to guide the subject to modify the multi-phase biorhythmic activity.

15. (Original) The apparatus according to claim 1, wherein the stimulus unit is adapted to transmit the time-varying stimulus over a telephone network to the subject.

16. (Orignal) The apparatus according to claim 1, wherein the stimulus unit is adapted to transmit the time-varying stimulus over a wide-area network to the subject.

17.(Cancelled)

18.(Cancelled)

19.(Cancelled)

20.(Cancelled)

21.(Cancelled)

22.(Cancelled)

23.(Cancelled)

24,(Cancelled)

25.(Cancelled)

26. (Original) The apparatus according to claim 1, wherein the time-varying stimulus comprises music.

27. (Orignal) The apparatus according to claim 26, wherein the stimulus unit comprises a music synthesizer, adajted to generate the music.

28. (Orignal) The apparatus according to claim 1, wherein the stimulus unit is adapted to generate a time-varying stimulus that is substantially not responsive to ongoing measurement of a physiological variable of the subject during generation of the time varying stimulus.

29. (Orignal) The apparatus according to claim 28, wherein the stimulus unit is adapted to generate a time-varying stimulus that is not responsive to a measurement of a physiological variable of the subject during use of the apparatus with the subject.

30. (Orignal) The apparatus according to claim 1, comprising a sensor, adapted to sense a physiological event and to generate an event signal responsive thereto, wherein the apparatus is adapted to receive the event signal prior to generation of the time-varying stimulus by the stimulus unit, and wherein the stimulus unit is adapted to commence generating the time-varying stimulus responsive to the event signal.

31. (Cancelled)

32. (Cancelled)

33. The apparatus according to claim 1, wherein the memory is adapted to have stored therein a plurality of exercise routines having respective initial forms and respective indications of desired forms, wherein the stimulus unit comprises a user interface, adapted to enable the subject to select one of the exercise routines, and wherein the stimulus unit is adapted to generate the time-varying stimulus responsive to the selection.

34. (Orignal) The apparatus according to claim 33, wherein the user interface comprises a telephone.

35. (Orignal) The apparatus according to claim 33, wherein the user interface comprises a user interface of an audio-playback device.

36. (Original) The apparatus according to claim 33, wherein the user interface comprises a user interface of a general-purpose computer.

37.(Cancelled)

38.(Cancelled)

39.(Cancelled)

40. (Orignal) The apparatus according to claim 1, wherein the multi-phase biorhythmic activity includes respiration of the subject, and wherein the stimulus unit is adapted to configure the time-varying stimulus to guide the subject to modify the respiration.

41.(Cancelled)

42. (Orignal) The apparatus according to claim 40, wherein two or more phases in the desired form include at least one respiration phase not generally included in the multi-phase biorhythmic activity prior to generating the time-varying stimulus, and wherein the memory is adapted to have stored therein an indication of the at least one respiration phase.

43. (Orignal) The apparatus according to claim 40, wherein two or more phases in the desired form include at least one respiration phase selected from the list consisting of. breath holding and postexpiratory pausing, and wherein the memory is adapted to have stored therein an indication of the selected respiration phase.

44.(Cancelled)

45,(Cancelled)

46. (Orignal) The apparatus according to claim 40, wherein two or more phases in the initial and the desired form's include inspiration and expiration, and wherein the memory is adapted to have stored therein the initial form and the indication, wherein a ratio of a duration of the inspiration to a duration of the expiration (an I:E ratio) in the desired form is less than an I:E ratio in the initial form.

47.(Cancelled)

48. (Orignal) The apparatus according to claim 1, comprising a user interface, adapted to receive input from the subject, wherein the apparatus is adapted to store the initial form and the indication of the desired form in the memory, responsive to the input.

49. (Cancelled)

50, (Cancelled)

51. (Orignal) The apparatus according to claim 48, wherein the user interface is adapted to receive an indication of durations of two or more phases in the initial form.

52. (Cancelled)

53. (Orignal) The apparatus according to claim 48, wherein the user interface is adapted to measure a lapse between a start indication and an end indication of at least one of the phases in the indication of the initial form.

54. (Orignal) The apparatus according to claim 53, wherein the start and end indications include respective audible indications of respiration of the subject, and wherein the user interface is adapted to sense the audible start and end indications.

55. (Cancelled)

56. (Original) A method for use with a subject, comprising: storing an initial form of a multi-phase biorhythmic activity pattern and an indication of a desired form of the multi-phase biorhythmic activity pattern, wherein a ratio of durations of two phases in the desired form is different from a ratio of durations of the respective phases in the initial form, and wherein at least one phase of the multi-phase biorhythmic activity pattern corresponds to a respective phase of a multi-phase biorhythmic activity of the subject; and generating a time-varying stimulus that: (a) is substantially not responsive to ongoing measurement of the multi-phase biorhythmic activity during generation of the time-varying stimulus, and (b) has a multi-phase pattern that is characterized by a series of transitional forms intermediate the initial form and the desired form that guide the subject to modify the multi-phase biorhythmic activity.

57. (Cancelled)

58. (Cancelled)

59. (Cancelled)

60. (Cancelled)

61. (Cancelled)

62. (Cancelled)

63. (Original) The method according to claim 56, wherein storing the initial form and the indication of the desired form comprises storing the initial form and the indication of the desired form prior to use of the method with the subject.

64. (Orignal) The method according to claim 56, wherein the time-varying stimulus includes music, and wherein generating the time-varying stimulus comprises generating the music.

65. (Cancelled)

66, (Cancelled)

67. (Cancelled)

68. (Cancelled)

69. (Cancelled)

70. (Orignal) The method according to claim 56, wherein generating the time-varying stimulus comprises generating the time-varying stimulus in the form of a game, and altering parameters of the game so as to guide the subject to modify the multi-phase biorhythmic activity.

71. (Orignal) The method according to claim 56, wherein generating the time-varying stimulus comprises transmitting the time-varying stimulus over a telephone network to the subject.

72. (Orignal) The method according to claim 56, wherein generating the time-varying stimulus comprises transmitting the time-varying stimulus over a wide-area network to the subject.

72. (Cancelled)

73, (Cancelled)

74. (Cancelled)

75. (Cancelled)

76. (Cancelled)

77. (Cancelled)

78. (Cancelled)

79, (Cancelled)

80. (Cancelled)

81. (Cancelled)

82. (Orignal) The method according to claim 56, wherein generating the time varying stimulus comprises generating a time-varying stimulus that is substantially not responsive to ongoing measurement of a physiological variable of the subject during generation of the time-varying stimulus.

83. (Cancelled)

84. (Orignal) The method according to claim 56, comprising sensing, prior to generating the time-varying stimulus, a physiological event, wherein generating the time varying stimulus comprises commencing generating the time-varying stimulus responsive to the sensing of the physiological event.

85. (Cancelled)

86. (Cancelled)

87. (Orignal) The method according to claim 56, wherein storing comprises storing a plurality of exercise routines having respective initial forms and respective indications of desired forms, and wherein generating the time-varying stimulus comprises selecting one of the exercise routines.

88. (Orignal) The method according to claim 87, wherein selecting the one of the exercise routines comprises using a telephone to select the one of the exercise routines.

89. (Orignal) The method according to claim 87, wherein selecting the one of the exercise routines comprises using a user interface of an audio-playback device to select the one of the exercise routines.

90. (Orignal) The method according to claim 87, wherein selecting the one of the exercise routines comprises using a user interface of a general-purpose computer to select the one of the exercise routines.

91. (Cancelled)

92. (Cancelled)

93. (Cancelled)

94. (Original) The method according to claim 56, wherein the multi-phase biorhythmic activity includes respiration of the subject, and wherein generating the timevarying stimulus comprises configuring the time-varying stimulus to guide the subject to modify the respiration.

95. (Cancelled)

96. (Cancelled)

97. (Cancelled)

98, (Cancelled)

99, (Cancelled)

100. (Cancelled)

101. (Cancelled)

102. (Original) The method according to claim 56, wherein storing the initial form and the indication of the desired form comprises receiving an input from the subject.

103. (Cancelled)

104. (Cancelled)

105. (Cancelled)

106. (Cancelled

107. (Original) The method according to claim 102, wherein receiving the input comprises measuring a lapse between a start indication and an end indication of at least one of the phases in the indication of the initial form.

108. (Original) The method according to claim 107, wherein the start and end indications include respective audible indications of respiration of the subject, and wherein measuring the lapse comprises sensing the audible start and end indications.

109. (Cancelled)

110. (Original) A computer software product comprising a computer-readable medium, in which program instructions are stored, which instructions, when read by a computer, cause the computer to generate a time-varying stimulus that: (a) is substantially not responsive to ongoing measurement of a multi-phase biorhythmic activity of a subject during generation of the time-varying stimulus, and (b) has a multi-phase pattern that is characterized by a series of transitional forms intermediate an initial form of a multi-phase biorhythmicactivity pattern and an indication of a desired

form of the multi-phase biorhythmic activity pattern that guide the subject to modify the multi-phase biorhythmic activity, wherein at least one phase of the multi-phase biorhythmic activity pattern of the time-varying stimulus corresponds to a respective phase of the multi-phase biorhythmic activity, and wherein a ratio of durations of two phases in the desired form is different from a ratio of durations of the respective phases in the initial form.

111.(Cancelled)

112.(Cancelled)

113.(Cancelled)

114.(Cancelled)

115.(Cancelled)

116.(Cancelled)

117. (Original) The product according to claim 110, wherein the computer-readable medium is adapted to have stored therein the initial form and the indication of the desired form prior to use of the product with the subject.

118. (Original) The product according to claim 110, wherein the time-varying stimulus comprises music, and wherein the instructions cause the computer to generate the music.

119.(Cancelled)

120.(Cancelled)

121.(Cancelled)

122.(Cancelled)

123.(Cancelled)

124. (Original) The product according to claim 110, wherein the time-varying stimulus is in the form of a game, and wherein the instructions cause the computer to generate the game, and to alter parameters of the game so as to guide the subject to modify the multi-phase biorhythmic activity.

125. (Original) The product according to claim 110, wherein the instructions cause the computer to transmit the time-varying stimulus over a telephone network to the subject.

126. (Original) The product according to claim 110, wherein the instructions cause the computer to transmit the time-varying stimulus over a wide-area network to the subject.

127.(Cancelled)

128.(Cancelled)

129.(Cancelled)

130.(Cancelled)

131.(Cancelled)

132.(Cancelled)

133.(Cancelled)

134.(Cancelled)

135.(Cancelled)

136. (Original) The product according to claim 110, wherein the instructions cause the computer to generate a time-varying stimulus that is substantially not responsive to ongoing measurement of a physiological variable of the subject during generation of the time-varying stimulus.

137.(Cancelled)

138.(Cancelled)

139.(Cancelled)

140.(Cancelled)

141. (Original) The product according to claim 110, wherein the computer-readable medium is adapted to have stored therein a plurality of exercise routines having respective initial forms and respective indications of desired forms, wherein the computer has a user interface, and wherein the instructions cause the computer to (a) receive, via the user interface, a selection by the subject of one of the exercise routines, and (b) generate the time-varying stimulus responsive to the selection.

142. (Original) The product according to claim 141, wherein the user interface includes a telephone, and wherein the instructions cause the computer to receive, via the telephone, the selection.

143.(Cancelled)

144.(Cancelled)

145.(Cancelled)

146. (Original) The product according to claim 110, wherein the multi-phase biorhythmic activity includes respiration of the subject, and wherein the instructions cause the computer to configure the time-varying stimulus to guide the subject to modify the respiration.

147.(Cancelled)

148.(Cancelled)

149.(Cancelled)

150.(Cancelled)

151.(Cancelled)

152.(Cancelled)

153.(Cancelled)

154.(Cancelled)

155.(Cancelled)

156.(Cancelled)

157.(Cancelled)

158.(Cancelled)

159.(Cancelled)

160.(Cancelled)

161.(Cancelled)

162. (Original) A data storage medium comprising an arrangement of data corresponding to an output stimulus for guiding a subject to modify a multi-phase biorhythmic activity of the subject, the stimulus comprising a time-varying multi-phase pattern that is characterized by a series of transitional forms, intermediate an initial form of a multi-phase biorhythmic activity pattern and a desired form of the multi-phase biorhythmic activity pattern, wherein at least one phase of the time-varying multi-phase pattern corresponds to a respective phase of the multi-phase biorhythmic activity, and wherein a ratio of durations of two phases in the desired form is different from a ratio of durations of the respective phases in the initial form.

163. (Original) The data storage medium of claim 162, wherein the output stimulus comprises music.

164.(Cancelled)

165.(Cancelled)

166.(Cancelled)

167.(Cancelled)

168.(Cancelled)

169. (Original) Apparatus for use with a subject, comprising: a data storage medium comprising a plurality of arrangements of data, each arrangement corresponding to an output stimulus for guiding the subject to modify a multi-phase biorhythmic activity of the subject, the stimulus comprising a time-varying multi-phase pattern that is characterized by a series of transitional forms, intermediate an initial form of a multi-phase biorhythmic activity pattern and a desired form of the